TF PANTHER

RE-UNION TRAINING BRIEF

505th PIR

AGENDA

1. OPENING REMARKS
2. 3rd BDE RDC
   - TENATIVE TIMELINE OF REDEPLOYMENT
   - THE NEXT 3 MONTHS WHAT TO EXPECT
   - GREEN RAMP PROCEDURES
   - FINANCE “HOW THE PAY WILL CHANGE”
3. ACS “CHILDREN and REUNION”
4. CHAPLAIN “HOMECOMING”
5. MR. BERRY FAMILY ADVOCACY
6. QUESTIONS / CONCERNS

REDEPLOYMENT TIMELINE

18 MAR	**RIP/TOA WITH MARINES**
11-18 MAR	**TENTATIVE DEPARTURE**
DATES	
25-31 MAR	**UNIT NON-SPECIFIC**
2-12 APR	**NOT APPROVED YET**
12-15 APR	**MARRIAGE ENRICHMENT**
	TRAINING
19 APR – 8 MAY	TENTATIVE BLOCK LEAVE DATES

UPCOMING TRAINING CALENDAR EVENTS

23 -29 MAY	**ALL AMERICAN WEEK**
31 MAY – 11 JUN	**BAR/JM REFRESHER**
31 MAY – 9 JUL	**SUPPORT CYCLE BEGINS**
7-18 JUN	**PROFICIENCY JUMPS**
21-25 JUN	**LARGE PACKAGE WEEK**
28 JUN – 2 JUL	**LFX LEADER CERTIFICATION**
12 JUL – 20 AUG	**INTENSIVE TRAINING CYCLE**

Please note that these are just the BDE WIDE highlights and your company or battalion most

GREEN RAMP PROCEDURES

POINTS OF INTEREST

- **PLEASE REFERENCE HANDOUT**
  - **DIRECTIONS**
  - **LNO'S**
  - **SIGNS**
  - **TIMELINE**
  - ***If you do not have DOD stickers then you must have current vehicle registration and proof of insurance otherwise you will not be allowed on to post.**

- **PARKING AT GREEN RAMP**
  - **CAR POOLING**

GREEN RAMP PROCEDURES

TIMELINE

- **Soldiers Arrive at Green Ramp and get in formation on flight line (15 mins)**
- **Welcoming Home Ceremony by ADCO (5-7 mins)**
- **Family time (45 mins)**
- **Soldiers / Unit Load transportation to return to unit area (30 mins)**
- **Families depart Green Ramp and go to Family Control Area (Ritz Epps) (Time TBD)**
- **Soldiers arrival at company area (unit commander releases them) (Time TBD)**

FINANCE

Finance will stop the following deployment entitlements when soldiers depart the combat zone and files their TDY Voucher:

- Hostile Fire Pay (HFP) - $225.00
- Combat Zone Tax Exclusion (CZTE)
- Save Pay - $100.00
- Family Separation Allowance (FSH) - $250.00
- Ensure BAS stops when/if your soldier is issued a meal card

VERIFYING ENTITLEMENT STOPS

- It may take 5-7 days before the entitlements stop and update in the pay system
- In order to avoid potential financial hardship, families must notify finance if they are receiving deployed entitlements after redeployment.
- Finance **will** collect money paid to soldiers for which they were not entitled – it will be deducted from their future pay

FEDERAL INCOME TAXES

- The deadline for filing Federal income tax returns is automatically extended until 180 days after the last day served in the combat zone, plus any time served in the combat zone between 1 January and 15 April of the filing year.
- The extension applies to spouses regardless of whether returns are filed jointly or separately
- Write “OIF from (start date) to (end date)” at the top of the return to avoid paying a late penalty
- Check local and state tax filing requirements
- The Fort Bragg Tax Assistance Center will remain open beyond April 15, 2004. Tel: (910) 396-1040

FLIGHT INFORMATION HOLTINES

AUTOMATED HOTLINE

1-800-845-0759

DIVISION HOTLINE

432-9105

BRIGADE STAFF DUTY

432-9309

QUESTIONS?

Children and Reunion

Army Community Service

When a parent serves in the Army, the children also serve.

Children: Research and Separation

- Research indicates separation is not emotionally damaging to children.
- Factors in successful coping with separation are:
  - having a social network of friends/family
  - religious faith and church community
  - basically optimistic outlook on life
  - marital stability
  - adequate finances
  - prior experience with separation

Reunion

Normal emotional reactions:

- Wonder why parent left
- Reticent; pretend not to care
- Dread return discipline
- Jealous over homefront parent
- Anger; guilt
- Happiness; joy

Children's Reactions

Age:

- <1 — May not know parent and cry when held
- 1-3 — Slow to approach and warm up
- 3-5 — Feel guilty and scared over the separation
- 6-12 — Demand more time and attention
- 13-up — Moody or acting disinterested

- All — Divided loyalty
  Fear or reject discipline from returning parent

Tips for the Homefront Parent

- Make it special-get the children involved in the preparations.
- Stay flexible-help children understand schedule may change.
- Have family reunion-plan things to do together.
- Make personal, individual time for each child.
- Be patient-readjustments can take weeks or even months.
- Make needed adjustments gradually.

Suggestions for the Returning Parent:

- Slowly resume the old rules and routines. Don't change things that have been working well.
- Let the child be the first to renew the bond.
- Be available to your child, with time and emotions.
- Review pictures, schoolwork, and scrapbooks.
- Praise the children for what they have accomplished.

Suggestions for the Returning Parent:

- **Start with a clean slate—focus on successes; do not criticize---past wrongs do not count.**
- **Accept that it will take time to adjust as a family again.**
- **Expect some changes in your child.**
- **Take personal time with each child.**
- **Talk, talk, talk.**

Reunion Tips for Success:

- **Communicate! Communicate! Communicate!**
- **Be alert for changes**
- **Make homecoming a special event**
- **Expect a mild depression after "honeymoon"**
- **Reunion is a process not an event**

Resources

Army Community Service

- Parenting Classes
- Stress and Anger Management
- AER
- Financial Management

Army OneSource

Chaplain

CFNCO

Child and Youth Services

Community

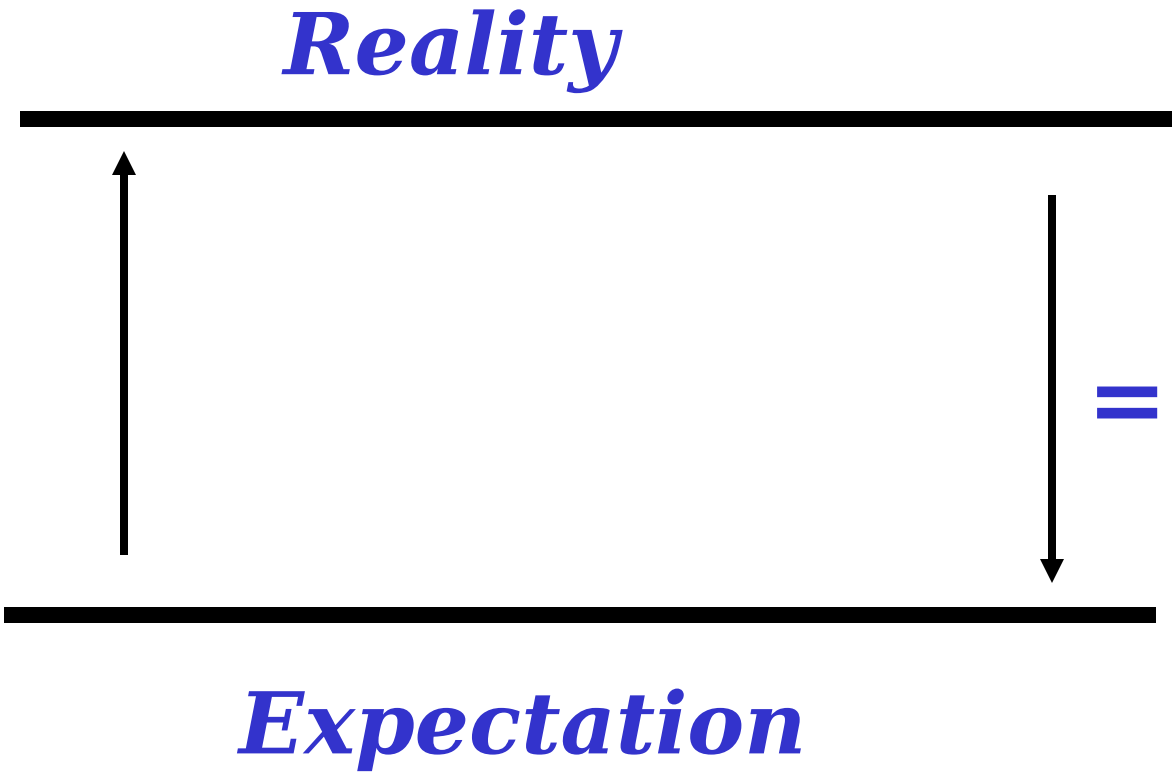
Operation Iraqi Freedom

Reunion Briefing

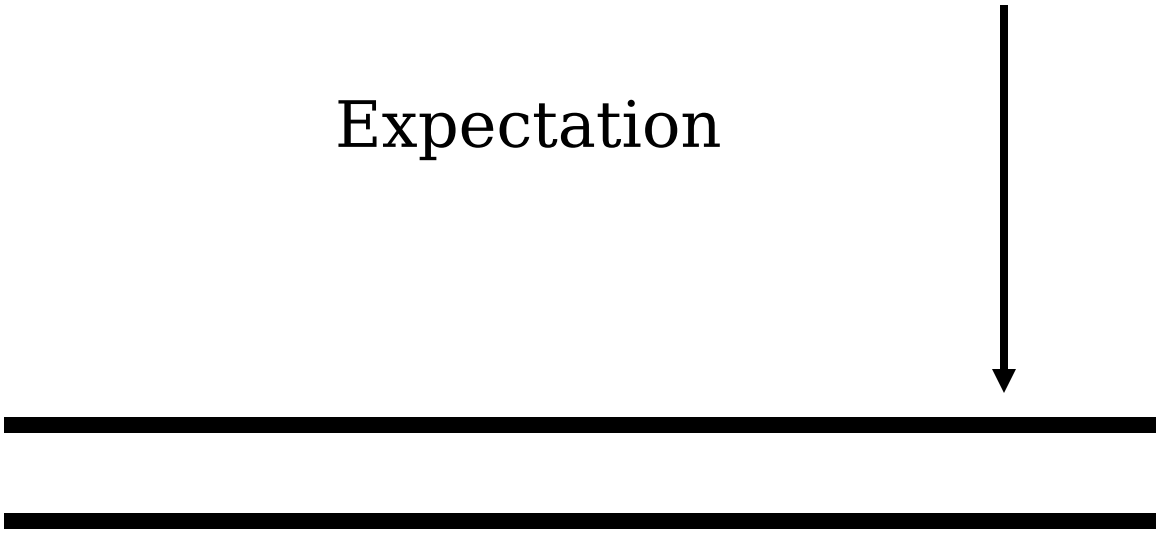
Chaplain Jerry Gleason

Homecoming Letdown

- **Realistic Expectation**
- **Pre-Deployment Problems Remain**
- **Depression**
  - **Two weeks or longer is serious**
  - **Aware of suicidal risk**
  - **Seek counseling, see chaplain**
- **Drug or Alcohol Abuse**
- **Domestic Violence**
- **Anxiety or Panic; Nightmares**


Reality
= Elation
Expectation

Expectation
= Disappointme
Reality


Expectation
Reality

Expect Some Depression After Honey-moon phase

Be Alert For Changes In Your Loved Ones

Interpersonal Reactions

- Difficulty talking about deployment experiences
- Difficulty readjusting to family routines
- Difficulty reconnecting with children and spouse
- Discomfort being around other people

Common Reactions
(Interpersonal)

- Feeling overwhelmed
- Frustration
- Irritability
- Depression
- Guilt
- Feeling emotionally numb (often described as “I just don’t feel much of anything anymore”)
- Concentration problems
- Memory problems
- Crying spells
- Loss of trust
- Loss of interest/motivation
- Fatigue
- Sleep disturbance
  - Oversleeping
  - trouble falling asleep
  - waking up in the middle of the night)
- Feeling jumpy
- Flashbacks

Flashbacks

- Flashbacks are episodes of re-experiencing the events that occurred during a deployment
- During a flashback episode, soldiers feel as if they are “back in the Gulf” and are may not be aware of their immediate surroundings
- Although disconcerting and uncomfortable, flashbacks are generally normal and not associated with a more serious problem *UNLESS* they persist for several months or cause significant interference in a soldier’s ability to function normally

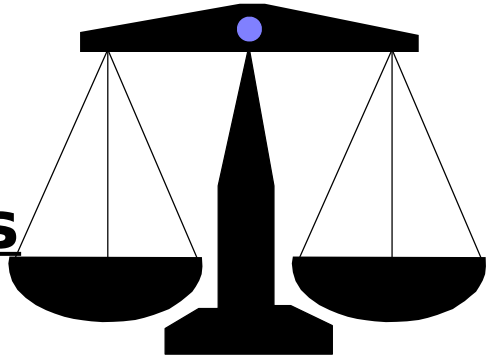
Flashbacks (Cont)

- Flashbacks may occur in response to a “trigger” (e.g., a loud noise that sounds like a weapons discharge) or spontaneously without a “trigger”
- Soldiers can cope with flashbacks by reminding themselves that flashbacks are to be expected
- Soldiers can cope with flashbacks by discussing them with family, friends, supervisors
- Soldiers can cope with flashbacks by seeking professional assistance if they are concerned about these experiences

Reestablishing Intimacy

Balancing Intimacy and Sex

- **Differences in Male and Female Sexuality**
  - male focus sexual act
  - female focus “atmosphere”
- **Make Intimacy Your Goal**
- **Temporary Performance Difficulties**
- **May Be Emotionally or Physically Awkward**
- **Honeymoon Will Wear Off**
- **High Expectation Can Lead to Tremendous Disappointments**



Positive (+) Coping Mechanisms

- Take time to Rest and Relax
- Spend time with family and friends (when ready)
- Get together with buddies to discuss deployment
- Resume a hobby that was not available during the deployment
- Working around the house
- Take leave
- Reconnect with friends and family who live elsewhere

Negative (-) Coping Mechanisms

- Drinking alcohol excessively
- Taking illegal drugs
- Going on a spending spree
- Gambling
- Picking fights
- Driving recklessly
- Excessive risk taking behaviors
- Isolating oneself for long periods

Handle Change With Tolerance and Flexibility

When Normal Reactions Become Problematic

- Functional impairment: anything that significantly interferes with a soldier's ability to do the things that he or she needs to do in any important area of life (work, home, family, social, spiritual)
- Constant oversleeping is a common reaction to deployment that can become a functional impairment
- Functional impairment is the clearest sign that a normal reaction to deployment may be turning into a more serious problem

When Normal Reactions Become Problematic (Cont)

- If normal reactions persist longer than 6 – 8 weeks ***AND*** continue to cause the soldier distress, it may be a sign that normal reactions to deployment may be turning into a more serious problem
- However, there is **no set time line** for normal reactions to resolve; in some soldiers 6 – 8 weeks is sufficient, others may need more or less time

Referral Sources for More Serious Issues

- Chain of command
- Chaplain
- Unit or hospital behavioral health officer
- Unit sick call

Tips for Returning Soldiers

- **Go Slowly**
  - **Don’t pack six month of fun into one weekend**
  - **Too many activities increases stress level**
- **Spend Time with Your Family**
- **Watch What You Spend**
  - **Avoid the urge to splurge**
- **Go Easy on the Alcohol**
- **Set Long-term and Short-term Goals**

Steer Clear of Immediately Making Urgent Pressurized Decisions if Possible

Keep Channels of Communication Opened

Remember Reunion Is A Process Not An Event

QUESTIONS !!!

FAMILY ADVOCACY

FINAL QUESTIONS??